

Pomegranate Pistachio Couscous

Ingredients:

- 1 ½ cup water
- ¼ tsp. ground cinnamon
- 1 cup whole wheat couscous
- 2 tbsp. chopped cilantro
- 2 tbsp. chopped unsalted pistachios
- ¼ cup pomegranate seeds
- 2 tsp. lemon zest
- 1 tbsp. extra virgin olive oil
- ⅛ tsp. salt



*VEGAN



*GLUTEN-FREE



*SOY FREE



*CONTAINS NUTS

Nutrition Facts

Serving Size ¾ cup (170g)
Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 45g **15%**

 Dietary Fiber 8g **32%**

 Sugars 3g

Protein 9g

Vitamin A 2% • Vitamin C 6%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate Less than 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. To boiling water add cinnamon, olive oil and salt. Stir in the couscous, cover and remove from the heat. Let stand 5-10 minutes.
2. Transfer the couscous to a large bowl and fluff with fork. Mix the herb, pistachios, half of the seeds and lemon zest. Sprinkle top of couscous with remaining pomegranate seeds.